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EMOTIONAL MATURITY AND SELF CONFIDENCE AMONG ADOLESCENT



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ABSTRACT

The aim of present study was to find out the gender difference between Emotional Maturity and self confidence among adolescent. The present participants are consisted of 100 adolescent among them 50 boys and 50 girls selected from Aurangabad city. The age ranges of the selected participants are 15 to 19. In this research Emotional Maturity was measured by Emotional Maturity scale developed by Dr. Yashvir Singh and Mahesh bhargava and self confidence was measured by using self confidence scale developed by (Smt) Dr. Rashmi Jain. The proposed statistical procedure is descriptive statistics i.e. mean, S.d and inferential statistic i.e. t-test was used to search differences in Emotional Maturity and self confidence among boys and girls adolescent. Result shows that significant difference in Emotional Maturity among boys and girls adolescent. Also the significant difference is found in self confidence among boys and girls adolescent.

KEYWORDS : Emotional Maturity, Self Confidence, Adolescent.

STATEMENT OF PROBLEM:

A Comparative study of Emotional Maturity and Self Confidence among Adolescent.

INTRODUCTION:

ADOLESCENT:

The term Adolescence comes from the Latin verb "*adolescere*", which simply means to grow, or

to grow to maturity. NCERT (1999) defined adolescence as a period of physical, psychological and social maturity from childhood to adulthood. It is a critical period of human development manifested at the biological, psychological and social levels of interaction, of variable onset and duration, but marking the end of childhood and setting the foundation for maturity.

EMOTIONAL MATURITY:

Emotional Maturity is not only the effective determinant of personality pattern but also helps to control the growth of individual development. The concept mature emotional behavior at any level is that which reflects the fruits of normal emotional development. It is a stage, which is vary essential in human life. The concept of Emotional Maturity is called master concept. It is probably the most important contribution of modern psychology (Saul, 1975 cited in Sivakumar and visvanathan, 2010). Smitson, W.D. (1974), Emotional Maturity is a process in which is personality is continuously striving for greater sense of emotional health both intra-physically and intra-personality. Coleman (1944), the most outstanding make of Emotional Maturity is the ability to bear tension. Besides, an emotionally matured person persists in the capacity for fun and recreation. He enjoys both play and responsible activities and keeps them in proper balance. Menninger (1999), Emotional Maturity includes the ability to deal constructively with reality. Manoharan and doss, (2007), A person can be called emotional mature if he is able to display his emotion in appropriate degree with reasonable control. Many criteria have been suggested to evaluate the concept of maturity a few of them are being mentioned below. According to Bernard (1954) following are the criteria of emotional behavior. 1) Inhibition of direct expression of negative emotions. 2) Cultivation of positive, up building emotions 3) Development of higher tolerance for disagreeable circumstances. 4) Increasing satisfaction from socially approved responses. 5) Increasing dependence of actions. 6) Ability to make a choice and not brood about other choices. 7) Freedom from unreasonable fear. 8) Understanding and actions in accordance with limitations. 9) Awareness of the ability and achievement of others.

SELF CONFIDENCE:

Self confidence is essentially an attitude which allows us to have a positive and realistic perception of ourselves and our abilities. It is characterized by personal attributes such as assertiveness, optimism, enthusiasm, affection, pride, independence, trust, the ability to handle criticism and emotional maturity. In the words of Basavanna (1975), "Self Confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right." Having self confidence does not mean that individuals will be able to do everything. Self confident people may have expectations that are not realistic. However, even when some of their expectations are not met, they continue to be positive and to accept themselves. People who are not self confident tend to depend excessively on the approval of others in order to feel good about them. As a result, they tend to avoid taking risk because they fear failure. They generally do not expect to be successful. They often put themselves down and tend to discount or ignore complements paid to them. By contrast, Self Confident people are willing to risk the disapproval of others because they generally trust their own abilities. They tend to accept themselves; they don't feel they have to confirm in order to be accepted.

NEED AND IMPORTANCE OF THE STUDY:

Though many studies have been conducted on emotional maturity and self confidence, there are very less studies emphasizing on adolescents, hence this important to know the level of emotional

maturity and self confidence among adolescent. The study are also important because the adolescent who has emotionally mature and the adolescent who have emotionally immature or emotionally unstable what type of self confidence level of this adolescent and any gender differences in emotional maturity and self confidence among adolescent they are important to search that's why the researcher has taken the subject on emotional maturity and self confidence among adolescent

REVIEW OF LITERATURE:

Sheema Aleem (2005) has found that there is a significant difference between the mean scores of male and female students on emotional stability. Female students are less emotionally stable compared to male students. **Kumar, S. (2014)** result reveals that there is a significant difference in emotional maturity of boys and girls adolescent. One recent concern of those studying self-confidence has been the charge that females tend to demonstrate less confidence than males (**Lirgg and Feltz, 1989; Stewart and Corbin, 1988**). Maccoby and Jacklin (1974) asserted that females display less confidence than males in all achievement situations. Research in math education, for example, has offered some support for these beliefs (**Fennema and Sherman, 1977**) Females were found to be less confident than males in their ability to do mathematics. Because of this lower confidence, females took fewer higher level math courses than males, which eventually led to lower performances on math achievement tests. A lack of confidence decreases the likelihood that one will choose to do activities in a particular area and also leads to a decrease in one's persistence and effort in the face of difficulties, thus limiting opportunities for improved performance (**Bandura, 1986; Fennema and Peterson, 1985**).

OBJECTIVES:

- 1) To find the Emotional Maturity among boys and girls adolescent.
- 2) To search the self confidence among boys and girls adolescent.

HYPOTHESES:

- 1) There is significant difference between boys and girls adolescent on Emotional Maturity.
- 2) There is significant difference between boys and girls adolescent on self confidence.

METHOD:

PARTICIPANTS:

For the Present study 100 adolescent participants were selected from five colleges in Aurangabad city among them 50 boys and 50 girls. The age range of selected participants was 15 to 19 years. The participants were selected from simple random sampling method by using lottery technique.

VARIABLES:

INDEPENDENT VARIABLES:

GENDER:

- 1) Boys.
- 2) Girls

DEPENDENT VARIABLES:

- 1) Emotional Maturity.
- 2) Self confidence.

MEASURE:

1) EMOTIONAL MATURITY SCALE:

This scale is developed by Dr. Yashvir Singh and Mahesh Bhargava. It contains 48 items and Five alternative i.e. much, very much, undecided, probably and never. Reliability of the test by product moment correlation was .75 and Validity of the test was .64.

2) SELF CONFIDENCE SCALE:

Present scale is developed by (Smt) Dr. Rashmi Jain it consist 50 items. Each item has two alternative ‘yes’ and ‘no’ Reliability calculated by split half method found .78 & validity of present testis found .67.

PROCEDURE:

The present study was conducted to find out the gender differences on emotional maturity and self confidence among adolescent. For these purpose researcher was goes from five colleges in Aurangabad city taken a permission of principals of each college to collect the data for research work. After taken a permission of principal researcher were goes to the class in each college and 20 adolescent participants are selected among them 10 boys and 10 girls. Total 100 adolescent participants were selected through simple random sampling method by using lottery technique. Among them 50 boys and 50 girls are selected. The entire participants was instructed how to fill questionnaire emotional maturity and self confidence after participants understand the instruction questionnaire was given to participants for collection of data for research. The data was collected and analyzed by appropriate statistical method.

STATISTICAL TECHNIQUE:

In the present study descriptive statistic i.e. Mean and S.d. and inferential statistic i.e. t-test were used.

RESULTS & DISCUSSION:

Table No 1: shows the mean S.d and t-value of boys and girls adolescent on Emotional Maturity. Total (N-100).

Gender	N	Mean	S.d	t- value	Level of Sig.
Boys	50	70.02	5.39	5.41	0.01
Girls	50	76.44	6.41		

TABLE NO 1: shows the mean S.d. and t- value of Emotional Maturity of boys and girls adolescent. The mean score of boys are 70.02 is comparatively Smaller than the mean score of girls adolescent is 76.44. The t- value of 5.41 is significant on 0.01 level. This is clearly showed that there is a significant difference between boys and girls adolescent on Emotional Maturity. Hence H_1 is accepted. Previous studies are supporting findings of the present study. Aleem and Sheema (2005) have found that there is a significant difference between the mean scores of male and female students on emotional stability. Female students are less emotionally stable compared to male students. Kumar, S. (2014) result reveals that there is a significant difference in emotional maturity of boys and girls adolescent.

Table No 2: shows the mean S.d and t-value of boys and girls adolescent on Self confidence. Total (N-100).

Gender	N	Mean	S.d	t- value	Level of Sig.
Boys	50	38.08	4.44	4.76	0.01
Girls	50	34.50	2.91		

TABLE No 2: shows the mean S.d. and t- value of self confidence of boys and girls adolescent. The mean score of boys are 38.08 is comparatively larger than the mean score of girls adolescent is 34.50. The t- value of 4.76 is significant on 0.01 level. This is clearly showed that there is a significant difference between boys and girls adolescent on self confidence. Hence H_2 is accepted. Previous studies are supporting findings of the present study. One recent concern of those studying self-confidence has been the charge that females tend to demonstrate less confidence than males (Lirgg and Feltz, 1989; Stewart and Corbin, 1988). Maccoby and Jacklin (1974) asserted that females display less confidence than males in all achievement situations. Research in math education, for example, has offered some support for these beliefs (Fennema and Sherman, 1977) Females were found to be less confident than males in their ability to do mathematics. Because of this lower confidence, females took fewer higher level math courses than males, which eventually led to lower performances on math achievement tests.

CONCLUSION:

Results are supported to the hypotheses stated that:

- o There is significant difference between boys and girls adolescent on Emotional Maturity.
- o There is significant difference between boys and girls adolescent on self confidence.

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